

LET'S GET PHYSICAL

You May Be More Active Than You Think



Circle all the activities you are currently doing. Is your activity level generally light, moderate, or vigorous? (Choose the level with the most circled activities.)

LIGHT ACTIVITY Feels easy, such as slow walking	MODERATE ACTIVITY Feels like fast walking, break a sweat but easy to talk	VIGOROUS ACTIVITY Feels like running, hard to talk, heavy breathing
slow dancing	fast walking	running, fast stair climbing, rock climbing
slow dancing	moderate dancing: rock, funk, ballroom, ballet	aerobic or fast dancing: hip-hop, folklorico, jazz
shooting hoops	basketball drills, such as layups	basketball game
tossing a Frisbee	playing hackysack	ultimate Frisbee
fixing a skateboard	skateboarding skating	roller hockey
slow bike riding	moderate bike riding, BMX and off-road riding (no hills) distance riding	bike riding fast uphill, mountain biking in hills, bike racing
stretching, yoga	weight training, gymnastics, martial arts	circuit weight training, running stairs
table tennis, bowling, playing pool	volleyball, badminton, tennis, softball, baseball	soccer, football, hockey, racquetball
throwing snowballs	downhill skiing, freestyle skiing	cross-country skiing
platform or board diving, floating in a pool	surfing, windsurfing, snorkeling, scuba diving, lap swimming, pool volleyball	fast swimming or racing, water polo
fishing, camping	fly-fishing, hunting, horseback riding, fast hike	backpacking, hauling gear up a hill
light housework: washing dishes, cooking	moderate housework: sweeping, vacuuming, mopping, painting	heavy housework: scrubbing walls
light yard work: weeding, watering	moderate yard work: mowing, raking	heavy yard work: digging and shoveling, hoeing, chopping wood

Adapted from various surveys by Williams and Wilkins in *Medicine and Science in Sports and Exercise*, vol. 29, no. 6 (June 1997)
Reference: [Jump Start Teens](#), California Project Learn



NUTRITION UPDATE®

Moving Kids Toward Fitness

As parents, educators and caregivers, we want our children to be healthy and to feel good about themselves. Promoting fitness can help! Fitness for kids starts with eating healthful meals and snacks, taking part in physical activities and developing a positive attitude. While all the keys to fitness are important, this article focuses on physical activity.

Physical Activity Pays Dividends

Being physically active is a vital part of the health equation. Unfortunately, most of us, including children, are not active enough. So, there's no better time than now to encourage youngsters to get moving and stay active throughout their lives. If you need some convincing reasons, consider the many short- and long-term health benefits listed here. Regular physical activity:

- Improves physical fitness
- Promotes healthy bones, muscles and joints
- Builds endurance and muscular strength
- Makes it easier to maintain a healthy weight
- Lowers risk factors for some serious health problems such as heart disease, colon cancer and type 2 diabetes
- Helps keep blood pressure in check
- Fosters self-esteem
- Reduces stress

What Type? How Much?

Physical activity is about moving the body. All activities (including active play, helping with chores at home, taking a stretch break and exercising or competing in an organized sport) count, but two types are especially beneficial.



- ❖ Aerobic activities speed up kids' heart rates and breathing, which helps develop cardiovascular fitness. Jumping rope, playing soccer and in-line skating are examples of aerobic activity.
- ❖ Strength and flexibility activities help kids develop strong bones and muscles and improve coordination. Doing pull-ups, climbing or playing on a jungle gym builds strength; stretching, Tae-Kwon Do or yoga increases flexibility.

Experts say that children and teens need at least 60 minutes of physical activity on most-preferably all-days of the week. That may sound like a lot, but is an achievable goal, especially since they can accumulate activities over the course of the day. Kids can build activities into their routines (climb the stairs at the mall instead taking the elevator, play kickball or hockey, move around while talking on the phone), participate in gym classes at school and enjoy fun activities such as skating, shooting hoops or dancing to music.

Smart Moves for Children suggests different types of activities for kids in their pre- and early-teen years. You can vary the activities to help younger or older children choose ones that are right for their ages and skill levels. (Hint: Ask a doctor, health educator or Phys. Ed. teacher for advice about the safety or appropriateness of specific activities.)

Smart Moves For Children

Everyday Moves

Get moving at home and school.

- ✓ Climb the stairs more often.
- ✓ Help out with yard work.
- ✓ Walk or ride a bike to do an errand.

Aerobic Moves

Several times/week, do activities that strengthen your heart.

- ✓ Swim laps.
- ✓ Take a 30-minute bike ride.
- ✓ Run around the track.

Sports Moves

Several times/week, try a recreational sport.

- ✓ Try your hand at ping-pong.
- ✓ Get in a volleyball game.
- ✓ Play softball.

Leisure Moves

A couple of times/week, take part in fun activities.

- ✓ Play miniature golf.
- ✓ Go bowling.
- ✓ Play tennis.

Flex and Strengthen Moves

A couple of times/week, stretch and strengthen your muscles.

- ✓ Learn karate moves.
- ✓ Take a dance or gymnastics class.
- ✓ Try rope climbing at the gym.

Slow/No Moves

Limit the amount of time you spend

- ✓ Watching TV or videos.
- ✓ Playing computer games.
- ✓ Talking on the phone.

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Safety Check!

Children are precious, so it's important to set and enforce sensible safety rules for activities. Consider these:

- **Work Up to a Workout:** If kids have been inactive, urge them to "get physical" gradually. Stretching before and after activities, walking or biking after school or washing the car can set the stage for more vigorous exercise.
- **Get in Gear:** Ensure use of helmets and/or knee pads, face guards, chest protectors and wrist guards when biking, skateboarding, riding a scooter, snowboarding, skiing, skating or playing football, hockey or baseball. (When it starts to get dark, adequate lighting, light colors and reflective patches on clothing and equipment make children more visible.)
- **Location, Location, Location:** Know where youngsters play or exercise and check out safety conditions. To help prevent injuries, teach children how to be safe around swimming pools; playgrounds, sports or gym equipment; and in the community.
- **Eyes Wide Open:** Encourage children to participate in age-appropriate activities. (For example, they should delay starting a weight lifting program until their late teen years, until muscles and bones are more developed.) Make sure kids are properly supervised.
- **Your Attention, Please:** Explain to youngsters that distractions such as headsets may pose a danger during activities that require their full attention, such as running, walking or skating.
- **Keep it Fluid:** Proper hydration is important. Supplement fluids (water or sports drinks are best) – especially for children who do not handle extremes of hot or cold

weather well-before during and after physical activities.

- **Just in Case:** Despite your best efforts, accidents and injuries can occur. Teach youngsters how to get help for themselves or others.

Calling All Adults!

Young people learn from those around them. Do your part to promote enjoyment of physical activity as a way of life. Here are a few ideas:

- ▶ **Be a role model.** Be physically active yourself and, when feasible, include kids in your activities.
- ▶ **Plan fun family activities.** Involve the kids in planning hikes, bike rides, bowling or an action-packed day at the park.
- ▶ **Urge kids to team up with other friends.** It's more fun to walk, jog or take a class with others.
- ▶ **Promote health in schools.** Support physical education as an important part of the school curriculum.
- ▶ **Check local recreational facilities.** Supervised after-school, weekend or summer activities, such as swimming, basketball or tennis, may be available.
- ▶ **Get involved.** Participate with kids in events for good causes.
- ▶ **Sing their praises.** Praise youngsters for being active, progress in learning a sport and improved performance.
- ▶ **Set limits for sedentary activities.** Youngsters need time in their busy lives to be physically active.

Children and teens are more likely to be physically active if they receive support and encouragement from parents, caregivers, teachers and health professionals. It also helps to keep the focus on fun, participation and being a good sport- rather than on competition. Use your influence to help young people experience how good being physically can make them feel.



Try some of these recipe ideas for a new twist on tasty food choices to fuel physically active kids.

ITALIAN SNACK MIX

Makes 9 cups

2 cups SPORTZ Pizza Snack Crackers
4 cups air popped popcorn
2 cups bite-size crispy wheat squares cereal
8 thin breadsticks, broken into 1-1/2-inch pieces
2 Tbsp. KRAFT Reduced Fat Parmesan Style Grated Topping
1/8 tsp. garlic powder
Butter-flavor no stick cooking spray

SPREAD crackers, popcorn, cereal and breadsticks in 15x10x1-inch baking pan. Mix topping and garlic powder; set aside.

SPRAY cracker mixture evenly with cooking spray for 4 to 5 seconds while stirring. Sprinkle topping mixture over snack mixture, tossing to coat well. Store in airtight container.

Nutrition Information per serving (1/4 cup): 40 kcal, 1 g protein, 6 g carbohydrate, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 65 mg sodium, 1 g dietary fiber.

SALAD A LA SPORTZ

Makes 16 (1-cup) servings

2 cups SPORTZ Pizza Snack Crackers
2 Tbsp. KRAFT Reduced Fat Parmesan Style Grated Topping
16 cups mixed salad greens
1 cup shredded carrot
1 cup halved cherry tomatoes
1/3 cup sliced green onions
1 cup KRAFT FREE Italian Fat Free Dressing

ARRANGE crackers in single layer on cookie sheet; sprinkle with topping. Bake at 350°F for 3 to 4 minutes or until lightly browned. Cool.

TOSS greens, carrot, tomatoes, and green onions in large bowl. Toss with dressing. Sprinkle with crackers; serve immediately.

Nutrition Information per serving (1/4 cup): 60 kcal, 2 g protein, 8 g carbohydrate, 2 g total fat, 1 g saturated fat, 0 mg cholesterol, 220 mg sodium, 1 g dietary fiber.

You can find more of our great tasting recipes on our website:

www.nabiscorecipes.com

60 Ways to Encourage Active Play

Toys Under \$5

1. Bubbles
2. Jump rope
3. Sidewalk chalk
4. Marbles
5. Jacks
6. Superball
7. Yoyo
8. Water squirters

Toys/Games for Little Kids

9. Duck, duck, goose
10. Hide and seek
11. Tee Ball
12. Mini Basketball hoop
13. Toys to ride on
14. Shovels and pails for sand (and dirt!) play
15. Sit N' Spin

Toys kids can play with alone:

16. Stilts (can be made out of large cans and string)
17. Hula hoop
18. Ball you hop on
19. Punching ball or bag (such as Bop Bag)
20. Rocking horse
21. Pogo stick
22. Skip It (wear it on your ankle and it counts how many times you jump - \$10)
23. Jar or box for catching bugs
24. Butterfly net
25. Rope tied to a tree to swing from
26. Little Tikes Disc Swing will also tie to a tree branch (\$17)

Toys and games to enjoy with brothers, sisters and friends:

27. Frisbee
28. Frisbee also makes golf, bowling, and horseshoe games
29. Koosh "Catchers" and "Paddle Ball" sets
30. Toy bowling set
31. Big rubber ball
32. Water balloons
33. Twister game
34. Toss Across (a Tic Tac Toe game)
35. Stomp Rocket
36. Wading pool
37. Walkie talkies
38. Badminton
39. Croquet

- 40. Wagon
- 41. Bocce ball
- 42. Sprinkler to run in

Easy games for older kids:

- 43. Hopscotch
- 44. Hide and Seek
- 45. Tag

Toys for activity in small spaces:

- 46. Nerf basketball
- 47. Small trampoline
- 48. Velcro dart board
- 49. Jump rope and book of jump rope rhymes

Toys that require a helmet, and knee and elbow pads:

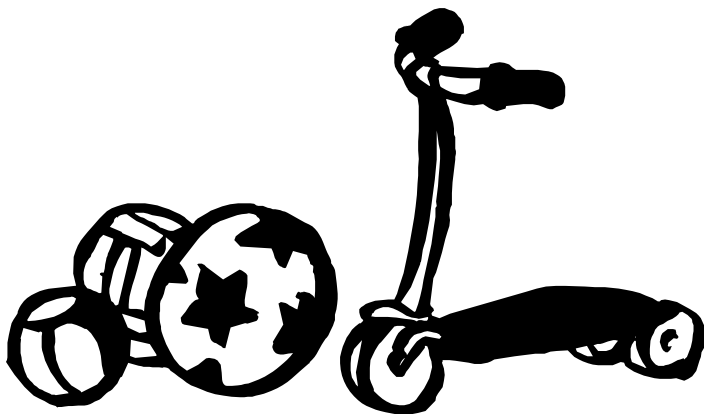
- 50. Scooter
- 51. Roller blades
- 52. Roller skates
- 53. Skateboard
- 54. Bike

Books to inspire games and activities:

- 55. 365 Outdoor Activities You Can Do With Your Child by Steven Bennett (Adams, 1993)
- 56. 365 TV-Free Activities You Can Do With Your Child also by Steven Bennett (Adams, 1996)
- 57. Fun Family Outdoor Ideas by Scott Linden (Linden, 1998)
- 58. Zoom Fun Fun Outside by Amy Sklansky (Little Brown, 2000) This one is based on the PBS show, Zoom, and written for 9 to 12-year-olds.
- 59. Hopscotch, Hangman, Hot Potato and Ha, Ha, Ha by Jack Maguire (Simon and Schuster 1992)
- 60. Anna Banana: 101 Jump Rope Rhymes by Joanna Cole (William Morrow 1989)

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Putting SPARKS into Your Fitness Plan

Looking for some quick ways to join *The Lewis and Clark Fitness Challenge*? Worried that you don't have time to get fit? Think you need an hour to exercise? Think again!! Based on research by exercise physiologist Dr. Glenn Gaesser, the **SPARK** program uses small bursts of activity for big improvements in weight, strength and fitness.

1. The goal = 15 SPARKS per week

Dr. Gaesser believes that small bouts of activity (10 minute **SPARKS**) provide the same benefits as longer exercise bouts – and he has research to back it up. The key is to fit at least 15 ten-minute **SPARKS** into every week – up to three 10-minute **SPARKS** per day.

2. The 10-minute aerobic SPARK

There are three basic **SPARKS**. The first is the aerobic **SPARK** – a 10-minute period of any activity that gets your heart pumping and your blood flowing. Walk to the store, bike around the block, dance through the living room, climb the stairs, or stride down the hall.

3. The 10-minute strength-training SPARK

The second type is the strength training **SPARK**. Forget complicated exercise-apparatus or pricey health club memberships; all you need is some inexpensive hand-held weights and a few basic curls, crunches, and extensions (see **The SPARK** book for simple ideas).

4. The 10-minute flexibility SPARKS

Activity experts know that stretches are a vital part of the fitness equation. A flexibility **SPARK** can also help reduce stress and increase energy. Go for steady stretch and a gentle pull – like leg lifts and body twists. Yoga moves are full of **SPARK** possibilities.

5. The goal = gradually increasing the SPARK

The **SPARK** program features a continuous, but gradual, increase in the effort that you put into all three types of activity. The goal is to challenge your body and maximize the fitness benefits – without having to increase the amount of time you spend.

6. The goal = maintaining the SPARK forever

The key to success with **SPARKS** (and any other fitness plan) is to find activities you enjoy – and will do forever. For more information, read *The Spark: The Revolutionary New Plan to Get Fit and Lose Weight, 10 Minutes at a Time* (Fireside, \$12.00).

**Lewis and Clark
Fitness
Challenge**



Developed by: Montana Office of Public Instruction and Eat Right Montana